

Community Health Plan

Breast Cancer Screening A Preventive Health Recommendation for Women

The Community Health Plan believes that preventive exams can help you live a longer and healthier life. Finding health problems early and providing the right treatment can save your life.

Breast cancer screening is an important preventive health recommendation for women. Make sure you discuss it with your doctor. You and your doctor can plan a schedule of preventive exams that is best for you.

Breast cancer Screening

- Periodic breast exams and mammograms are important to find cancer at an early stage.
- The recommendations for breast cancer screening include clinical breast exams, periodic breast self-exams, and mammograms.

Clinical Breast Exam

- A doctor or nurse does the clinical breast exam.
- A breast exam is recommended every time you have a pelvic exam and a Pap smear.

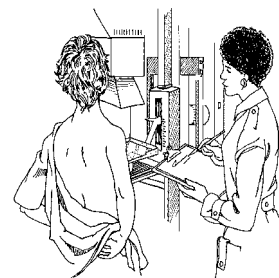


Periodic Breast Self-exam

- Do a breast self-exam each month.
- To learn how to do a self-exam, ask your doctor.
- Women find most breast lumps during regular breast self-exams.
- Report any discharge, lumps or change in appearance to your doctor.

Mammogram

- A mammogram is an x-ray picture of the breast.
- From age 40 to 49, it is important that you learn about the benefits of mammography.
- You should have your first mammogram at age 40.



Why should you have a mammogram?

- A mammogram can find cancer of the breast that cannot be felt during a regular physical exam.
- If breast cancer is found early, treating it is easier.

How often should you have a mammogram?

- You should have one mammogram every 1 or 2 years after age 50.
- If you feel a lump or see other changes in your breast, talk to your doctor right away.

Remember:

- Cancer that is found early is easier to treat.
- If you have questions about breast cancer screening, talk to your doctor.

This newsletter should not be considered specific medical advice, as each circumstance is different. If you need medical advice, talk to your doctor and do not rely on knowledge gained from this information. Community Health Plan/Health Education and Promotion Unit, 12/98.

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